## EASY RECIPE FOR FAMILY FUN.

# Family Meal Recipe: **Splendid Fruit Salad**

Serving size: ¾ cup Cost per serving: \$0.87 Makes about 4 servings Prep time: 10 minutes

## Ingredients:

2 medium apples, chopped
1 banana chopped
1 6 oz container low-fat vanilla yogurt
¼ teaspoon cinnamon
1 tablespoon orange juice

#### **Directions:**

- Mix yogurt, cinnamon, and orange juice in a medium bowl.
- 2. Wash and chop the fruit and add to the yogurt mixture.
- 3. Stir and serve.



If you would like to get a head start on this, prepare the yogurt sauce ahead and add the fruit right before you serve.

### **Nutrition Information**

Calories: 101 Fat: 1 gram

Sodium: 32 milligrams

Fiber: 3 grams Sugar: 17 grams Protein: 3 grams



